



# The Hungry Girl Diet Cookbook: Healthy Recipes for Mix-n-Match Meals & Snacks

By Lisa Lillien

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In the *New York Times* bestseller *The Hungry Girl Diet*, Lillien served up the first-ever diet plan utilizing the beloved Hungry Girl philosophy and recipe concepts. Now she's back with a companion cookbook, which features 200 all-new recipes that work with the groundbreaking diet plan! With more than 2 million Hungry Girl books sold, this is the book every Hungry Girl fan needs after reading *The Hungry Girl Diet*!

With an emphasis on lean protein, fresh fruits 'n veggies, big portions, and craving-busting dishes, this book gives you everything you love about Hungry Girl in a weight-loss centric cookbook. Losing weight has never been easier...or more delicious!

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### **Editorial Review**

#### About the Author

LISA LILLIEN is a *New York Times* bestselling author and the creator of the Hungry Girl brand. The founder of a free daily email service, she is obsessed with food--how wonderful it is, and how much of it she can eat and still fit into her pants. Millions of fans eagerly await Hungry Girl's recipes and tips & tricks each weekday. Lillien is also the star of *Hungry Girl*, the top-rated cooking show airing on Food Network and Cooking Channel. She lives in Los Angeles, California.

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